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**MARK (THE MACHINE)
HOMINICK**
COUNTDOWN TO UFC
129 IN T.O. {page 4}

MOVIN' ON?

JLO MAY BE DITCHING IDOL DISH {page 12}

Monday, April 25, 2011
www.metronews.ca



News worth sharing.



LONDON

metro



Dog owner devastated

► Londoner calls for courtesy, attentiveness from motorists on Gainsborough Road after hit-and-run driver kills her dog



Angèle Langlois wants to know why the driver who struck and killed her dog last Friday couldn't have at least stopped.

Instead, the driver hit Dodge, her year-and-a-half-old Lab-Rottweiler mix, on Gainsborough Road near Wonderland Road and kept on driving.

Dodge died in the back of a van on the way to the vet.

"He just meant the world to me," Langlois said. "It was very devastating what happened, and I'm just trying to stay strong."

Last Friday, Langlois, 26, went to help a friend get groceries and left Dodge in the care of her friend's children, who took her dog for a walk along Gainsborough Road between 6 p.m. and 7 p.m.

At one point, Dodge bolted across the road — Langlois believes he was trying to reach a dog he recognized — when the accident occurred.

Langlois says she's not angry with the driver and understands

"I'm not even angry at the driver; I just want to hear their side of the story. And I wish people would be more courteous, and more cautious."

ANGELE LANGLOIS

that a dog running across the road would be hard to avoid.

"But if I could, I would ask why they left. How could you run over a dog and not notice?" she said, noting Dodge weighed 65 pounds.

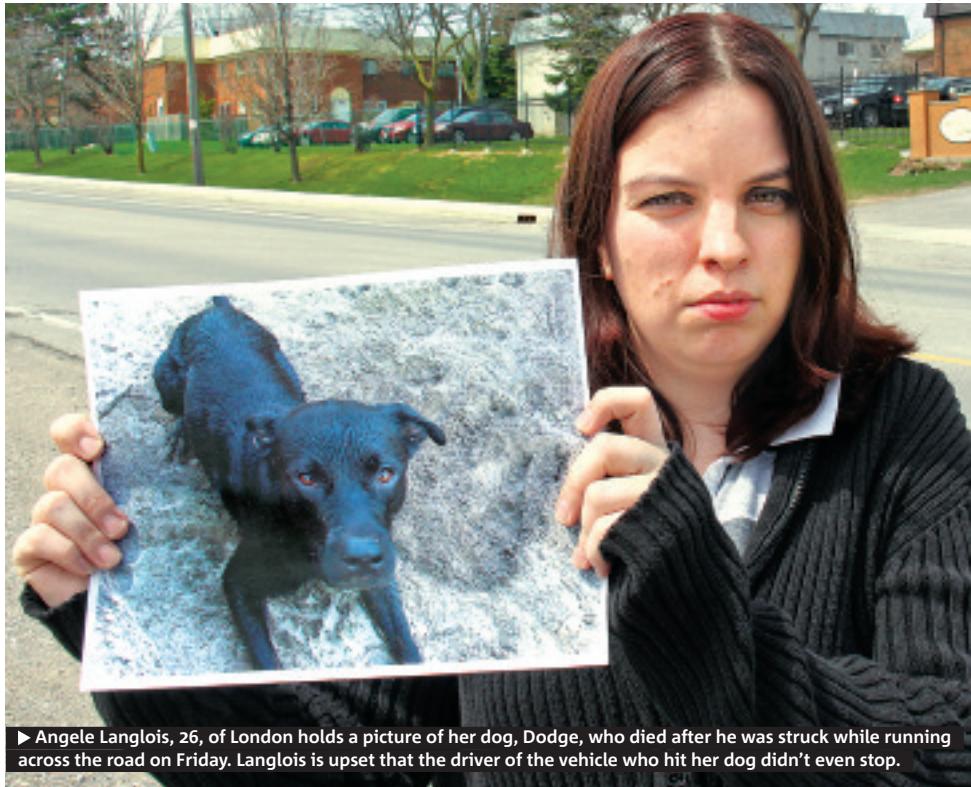
"It hurts to know that they couldn't just stop and say, 'I'm sorry.'

Before Friday, Langlois felt people drove too fast and were too inattentive on Gainsborough Road.

Now she worries something else could happen.

"That could have been a kid," she said.

"It's sad enough that my dog went through this, but it could be a kid next time. People need to be more vigilant."



► Angèle Langlois, 26, of London holds a picture of her dog, Dodge, who died after he was struck while running across the road on Friday. Langlois is upset that the driver of the vehicle who hit her dog didn't even stop.



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Despite an Afghan governor's insistence poppy fields are being destroyed, farmers don't seem to be getting the message. Video at metronews.ca.

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Stepping up the show with one week to go

► Election day is May 2 ► Major party candidates in London North-Centre expect visits from party leaders in campaign's final days



With a full week left on the campaign trail, local candidates are trying to drum up last-minute support and secure the votes they already have.

With four ridings in the city which were held by all three parties in the last Parliament and with the polls changing on a daily basis, every vote counts.

In London North-Centre, all three major party candidates have been campaigning hard over the last several weeks.

Glen Pearson, Liberal incumbent for the riding, spoke with AM980 and says this week is make-it or break-it week.

"You'll see things really moving into the home-stretch, so there'll be all sorts of activities and all sorts of volunteers getting out into the constituencies. So I suspect (today) will be a big day and of course Saturday will be the huge one."

German Gutierrez is running for the NDP in London North Centre and says they are going to keep going strong during the last week of the campaign.

"We have several plans that are being basically

dictated by many things that are happening out there. We've had a wonderful time speaking with people and polling and talking to the people on different streets in the city, and we feel a lovely spirit and people are hailing to the NDP and it's been a wonderful experience."

Meantime, Conservative candidate Susan Truppe says they are continuing to focus on the campaign on the ground during the final week.

"It's been really fast ... it's been a fast four weeks, actually I can't believe it's the last week, things have been really positive at the door. Our main focus in the past and in this last week is really canvassing, meeting the people at the door and we go out all the time, we're very optimistic and it's been good. So we're not changing our focus from the canvass mode, me specifically, like I'm out three times a day and that's the plan for the next seven days excluding Sundays."

Mary Ann Hodge is running for the Green party, while Anna Maria Valastro is running for the Animal Alliance Environment Voters Party in London North Centre. AM980/AM980.CA



► Election signs abound at the intersection of Oxford Street and Wonderland Road. With just one week before the federal election, political signs are everywhere.

Incumbents

► London North-Centre Incumbent: Glen Pearson, Liberal

► London West Incumbent: Ed Holder, Conservative
► Elgin-Middlesex-London Incumbent: Joe Preston, Conservative

► London Fanshawe Incumbent: Irene Mathyssen, NDP

Rae to host tea with seniors

Bob Rae, the Liberal candidate for Toronto Centre and former premier of Ontario, will be visiting London West today to host an Easter Tea with Liberal candidate Doug Ferguson.

Doug Ferguson and Bob Rae will be at the Grand Wood Retirement Residence on 81 Grand Ave. from 1 p.m. to 1:45 p.m. to meet residents of Grand

Wood and the Old South community.

Rae will be the second former Ontario premier to visit London West in as many weeks. Ferguson's campaign played host to David Peterson last Saturday.

After the tea, Rae will visit Wortley Village with Ferguson.

► METRO



► Bob Rae

News in brief

5 arrests at 4/20

POT RALLY. The final tally is in from last Wednesday's 4/20 protest Victoria Park. There were approximately 100 marijuana activists. Police arrested five people, which led to drug possession-related and other charges. • METRO

Rock the Park

HARRIS PARK. A lineup has been set for the Rock the Park concert series July 21-23. Joining Poison on Thursday, will be John Kay and Steppenwolf, Loverboy and Trooper. Friday, Meat Loaf, Cheap Trick, Blue Oyster Cult and BAD CO's Brian Howe are up, while Stone Temple Pilots, Our Lady Peace, Sloan and Bleeker Ridge perform Saturday. • METRO



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04

metr

metroneWS.ca
MONDAY, APRIL 25, 2011

DAVID COOPER/TORSTAR NEWS SERVICE FILE



► UFC president Dana White, centre, and fighters Jose Aldo, left, and Mark Hominick appear in Toronto in February to promote this Saturday's fight at Rogers Centre.

Saturday night he'll be all right (for fighting)

► Preparation giving way to anticipation for Hominick



JIM REYNO
@METRONEWS.CA

It's done: Most of the hardcore training, public appearances, media interviews and strategizing that comes with a title shot at the biggest UFC event in history.

Now, Mark (The Machine) Hominick counts the days till Saturday.

"All the work's done," he said. "It's almost like a waiting game now."

Hominick, from Thameford, had his last sparring session Saturday, and will take it relatively easy this week as he awaits his UFC featherweight title shot against Jose Aldo.

It's about recovering, relaxing and refocusing.

"Now it's mainly just maintenance, getting the weight on point, you know, just keeping your timing," said Hominick, who has

"The amount of support I've gotten — locally, provincially — has been really overwhelming. It's been very motivating throughout the camp."

MARK HOMINICK

won five straight bouts. "You don't completely stop working out, but the workouts are short, intense — but no contact."

Although he's tried to follow the same pre-fight routine as in the past, Hominick says preparing for UFC 129 at Rogers Centre in Toronto has been anything but routine.

"This year was a little different, being co-main event in the biggest UFC of all time, there's been a lot of

UFC 129

- Where: Rogers Centre, Toronto
- When: Saturday
- Title shots: Mark Hominick (20-8) vs. Jose Aldo (18-1) for featherweight title; Georges St-Pierre (21-2) vs. Jake Shields (26-4-1) for welterweight belt.
- Expected crowd: Sold out. The 55,000 fans expected would set new UFC record.

demands," he said. "I think the main thing is just staying relaxed and focused on Saturday night."

Adding to the demands has been Hominick's situation at home: Wife Ashley is expecting their first child shortly after UFC 129. "She's doing very well," he said. "She's still planning to come to Toronto, but each day might be different."

First of many strikes

Mark Hominick's highest-profile public appearance came Friday when he threw out the first pitch as the Toronto

Blue Jays hosted the Tampa Bay Rays.

"Oh, it was pretty cool," said the Thamesford resident. "It's such an iconic piece for Ontario, the Rogers Centre."

Hominick also sat at field level with a fellow special guest, Toronto

UFC welterweight Sean Pierson, and was interviewed on live TV.

And he got to meet several ball players, including Jays rookie J.P. Arencibia.

"He was a real nice guy — a big MMA fan," said Hominick.

● JIM REYNO

*No Purchase Necessary. Open only to Canadian Residents. See full contest details at www.cibc.com/clientappreciation. Get entered automatically between 12:01 a.m. April 29, 2011 and 11:59 p.m. May 31, 2011. Eleven (11) prizes available to be won as follows: 2 in British Columbia, Northwest Territories, Yukon and Nunavut; 1 in Alberta; 1 in Manitoba and Saskatchewan; 5 in Ontario; 1 in Quebec; and 1 in New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland and Labrador. Limit 5 entries per person. Odds of winning depend on number of eligible entries received in each region by the contest deadline. Correct answer to math skill testing question required. Draw date: June 30, 2011. CIBC Investor's Edge is a division of CIBC Investor Services Inc., a subsidiary of CIBC and a Member of the Canadian Investor Protection Fund and Investment Industry Regulatory Organization of Canada.

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City seeks recruits

► Task force will focus on how city hall interacts with community

Looking for a pipeline to city hall? The Community Engagement Task Force could be for you.

The City of London is inviting anyone interested to participate in the task force — people from every neighbourhood, with a variety of backgrounds, interests, professions, ages and perspectives.

The group will focus on how the city can improve the way it interacts with the community, such as through public meetings, dialogues with a local councillor, surveys, or making presentations to council.

"This is a really unique initiative for the city and the community to under-

Looking to join?

► Anyone interested can visit london.ca/engage or call 519-661-4792.

take," said Elaine Gamble, managing director of corporate communications. "We know that Londoners will have a range of opinions on how the city can engage better with citizens."

The task force, which will also include city staff, is recruiting people until Friday. The first meeting is May 14.

The task force will meet over the next months and present a policy to council next January. ■ METRO



► Dozens of excited children prepare to dash forward and snatch up some Easter treats hidden inside the London Regional Children's Museum yesterday as part of Easter Eggstravaganza activities.

KYLE REA/METRO

Museum an Easter hot spot for kids

Holiday-themed crafts, an Easter egg hunt and a visit from the Easter bunny himself were all part of the activities which continue today at the London Regional Children's Museum.

Canada takes revenge with gold-medal win

Team captain Greg Westlake scored successive goals in the second period and added an assist in the third as the Canadians defeated Norway 8-0 to win the World Sledge Hockey Challenge gold-medal game on Saturday at the Western Fair Sports Centre.

It was a measure of revenge for Canada, which lost the bronze to Norway at last year's Vancouver Paralympic Games.

"I don't think I'll ever be able to erase what happened in Vancouver, but this helps," said Westlake, who led the tournament with nine goals and nine assists.

"That's a memory I can't press a button to erase. But we have to look ahead. We want to win the World Championship and then win in Russia (at the 2014 Olympics)."

Team Canada coach Mike Mondin said it was a sort of double revenge.

"Norway also beat us 1-0 in the round-robin in Japan (last month, before the tsunami cut the four-team tournament short). The final was never played but it would have been us and Norway."

Canada's other goals came from Adam Dixon and Billy Bridges, each with two, while Derek Whitson

1,000

The number of fans at the Western Fair Sports Centre for the Canada-Norway final. The tournament total of paid admissions was around 4,500.

and Brad Bowden each had a single. Team Canada led all tournament scoring with nine players atop the list.

Goalie Corbin Watson was awarded Canadian player of the game for his shutout.

THE CANADIAN PRESS

"It was not life-threatening injuries, but he did attend at the hospital."

CONST. CHARLENE HUMBLE

Police call on public for help

Police are asking for the public's help after a man was stabbed in a south London parking lot on Saturday night.

It happened around 11 p.m. as a 21-year-old man

was walking past the Wheable Adult Education Centre. He was attacked by eight unknown men, stabbed three times, beaten and then robbed of his backpack.

All eight men fled the area. The victim was then taken to hospital.

Anyone with information on the investigation is asked to call police at

519-661-5670 or Crime Stoppers at 1-800-222-TIPS(8477).
AM980/AM980.CA

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Posting early results could cost you \$25K

► **Elections Canada: Enforcement complaint-driven, officials won't monitor Twitter** ► **Rationale to keep early results from influencing other voters**



Elections Canada spokesperson John Enright.

Still, Elections Canada's friendly reminder isn't sitting well with some Canadians.

Section 329 of the Canada Elections Act prohibits transmission of results before all polling stations have closed.

"It's important for us just to remind people that this is still on the books because there are possible ramifications to it," said

"It's not up to Elections Canada to amend this, we're only the administrator. The law is written by Parliament."

JOHN ENRIGHT,
ELECTIONS CANADA SPOKESPERSON

Karren Brown from Alberta tweeted: "Think the law has to be (sic) reviewed & updated, but will respect Elxns Cda rules. Not a Conservative."

University of Ottawa Law professor Michael Geist offered his expertise earlier this month in an

affidavit for a superior court case challenging the constitutionality of the provision. He wrote that such a ban in 2011 is "simply not possible without inflicting enormous harm to freedom of expression and public confidence in the election system."



Photo op leaves kids no room to hop

The Conservative campaign's military precision with events has raised more than a few eyebrows during four weeks of electioneering.

Stephen Harper ensures his limited time with reporters is always held in front of partisan crowds, who cheer his answers —

and on Saturday, purposely drowned out an unwelcome question.

But Easter morning brought a new development. Harper held a photo opportunity with more than a dozen cherubic kids at a suburban Victoria home. After he gave a brief formal address, the hostess

asked the strategically posed children to go on an Easter egg hunt.

A Conservative campaign official quickly jumped in and said the kids were to stay in place while the national media asked Harper their allotted four daily questions, as the children squirmed and chafed.

A Conservative party spokesman later explained that the children had to stay for the serious business because Harper wanted to take part in their Easter egg hunt. **THE CANADIAN PRESS**



For more election coverage, visit metronews.ca

Vandals target Grits, Bob Rae no exception

Slashed car tires, hateful graffiti, ripped campaign signs. Vandalism has spread throughout Toronto.

Liberal heavyweight Bob Rae and Eric Hoskins, a Liberal MPP, woke up on Saturday to see their car tires hacked.

While Rae's reaction was guarded, he acknowledged this is the "first campaign in which something like this has happened. Obviously signs get torn down and other things happen in a campaign ... I'm sorry this has happened, but life goes on," he said.

Rae tweeted Saturday his front left tire was slashed.

"It sounds like it's fairly widespread," he said of the

vandalism, adding that when his wife took the car to get a new tire, somebody else was already at the shop whose car had been damaged by a key.

At least two-dozen cases of vandalism have been reported in the past couple of days.

New Democratic Party signs have also been targeted in the area, according to Joe Cressy, campaign chair for incumbent MP Olivia Chow.

Conservative Leader Stephen Harper condemned the vandalism and suggested Conservative candidates have been the target of vandals too.

TORSTAR NEWS SERVICE

PARTY LEADER

NDP, Grits neck and neck: Polls

The Liberal and NDP campaigns, which some polls suggest are in a tight race for second place in this election, came face to face yesterday.

Both Liberal Leader Michael Ignatieff and NDP Leader Jack Layton gave remarks at a Sikh celebration in Toronto.

There have been plen-

ty of instances this campaign in which various leaders have crossed paths as they jet from city to city, but there hasn't yet been an event two leaders attended at the same time.

The annual Khalsa Day parade in Toronto is a huge affair that draws tens of thousands of Sikhs celebrating the birth of their religion.

The campaign clash comes as Ignatieff — as well as the other party leaders — have set their sights on Layton in recent days.

THE CANADIAN PRESS

Iggy booted at hockey game

Supporters of two opposing Ontario Hockey League teams seem to agree on one thing: they're no fans of Michael Ignatieff.

The Liberal leader was booed during an Ontario Hockey League playoff game in Mississauga, Ont., Saturday when he was introduced over the loud speakers and shown on the big screen.

Ignatieff was a good sport and shook hands with fans afterward.

He was with Mississauga Mayor Hazel McCallion.

Cameras not welcomed on Easter morn

A couple in Victoria, B.C., got a rude Easter morning awakening when they wandered out on to their balcony to find the national news media camped in their backyard.

Equipment had been set up in the yard so that media could cover a photo opportunity with Prime Minister Stephen Harper next door.

The landlord made arrangements without the knowledge of the couple who rent the home.

THE CANADIAN PRESS

LIBYA

Rap scene booms in Benghazi

A growing group of amateur rappers are inspiring rebel fighters heading into battle against Moammar Gadhafi's forces.

The music captures the anger and frustration young Libyans feel at decades of repressive

rule under Gadhafi.

One song is *Youth of the Revolution*, which rap group Music Masters wrote after the uprising began in mid-February.

The freewheeling rap scene developing in Benghazi shows how much has changed in eastern Libya in recent months. Rap, like other forms of Western culture, was despised by Gadhafi, who burned foreign musical instruments and books after he seized power in 1969.

THE ASSOCIATED PRESS

Great divide in Yemen parties

Deep divisions within Yemen's opposition appeared to doom an Arab proposal for the president to step down within a month, raising the prospect of more bloodshed in a nation beset by deep poverty and conflict.

President Ali Abdullah Saleh, who has ruled for 32 years, agreed Saturday to

transfer power to his vice-president within 30 days of signing a deal in exchange for immunity from prosecution.

Seven opposition parties accepted the deal. But thousands stood their ground yesterday in protest, claiming Saleh is just buying time to cling to power.

THE ASSOCIATED PRESS

Christians arrested in China

Chinese police detained at least 30 Christians belonging to an unregistered Beijing church as they gathered yesterday for an Easter service.

Police stopped the worshippers from the Shouwang church and bused them to a police station. THE ASSOCIATED PRESS

Beloved guru dies at age 84

Hindu guru Sathya Sai Baba, revered by millions worldwide, died yesterday after nearly a month of hospital treatment near his southern Indian ashram. He was 84.

The news brought an outpouring of grief from followers, including high officials. THE ASSOCIATED PRESS

Activists detained by Syrian forces



► More than 300 killed since uprising began: Human rights group

Travel advisory

► The federal government is advising Canadians in Syria to leave as soon as possible because of the growing unrest in the Middle Eastern country.

► The Foreign Affairs Department has posted a travel advisory cautioning Canadians to avoid all travel to Syria.

watchdog group Human Rights Watch for a UN inquiry.

But yesterday's tactics also suggest a government effort to head off the round of protest marches.

THE ASSOCIATED PRESS

No royal wedding for crown prince



THE ASSOCIATED PRESS FILE

Bahrain's crown prince yesterday declined an invitation to Prince William and Kate Middleton's wedding, saying he did not want the Gulf nation's unrest to tarnish the celebration.

Prince Salman bin Hamad Al Khalifa sent his regrets to Prince Charles after questions emerged over the British monarchy's decision to invite a member of Bahrain's Sunni ruling family, which has waged a crackdown against Shiite

protesters calling for more freedoms.

Bahrain's rulers have imposed martial law and are backed by a Saudi-led military force to try to quell the uprising. At least 30 people have died in Bahrain since mid-February.

The news helped to avoid a potentially awkward situation during the April 29 wedding. Al Khalifa was among more than 40 for-

ign royals invited to the wedding.

A Buckingham Palace spokesman confirmed yesterday it was informed of the news. THE ASSOCIATED PRESS



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On the road to recovery

► Rep. Gabrielle Giffords standing on own, even walking after Jan. 8 shooting in Arizona ► Most of the physical and speech recovery happens within 12 months: Doctor

Doctors say U.S. Rep. Gabrielle Giffords can walk a little and is even trying to improve her gait. But the report yesterday in The Arizona Republic adds the congresswoman herself is planning to "walk a mountain."

Giffords uses her left side and has begun making limited use of her right arm and leg, a common effect of a bullet wound on the left side of the brain, said Dr. Gerard Francisco, chief medical officer at Houston's TIRR Memorial Hermann who works with Giffords daily.

"Her left side is perfect," said Pia Carusone, her legislative chief of staff. "She can do whatever you can

Shuttle launch

► U.S. President Barack Obama, his wife, Michelle, and daughters Malia and Sasha plan to attend the April 29 launch of the U.S. space shuttle Endeavour — the next-to-last flight for the shuttle fleet. It will be led by Mark Kelly, the husband of congresswoman Gabrielle Giffords.

do."

She said that even in her wheelchair Giffords has stringent posture: Tall, tight, strong — like always.

Nurse Kristy Poteet said Giffords pushes a cart up

and down the hospital halls as therapy, focusing on using the correct muscles. More therapy comes from games of bowling and indoor golf.

The Republic report — containing interviews over the past few days with her husband, doctors and others close to her — gives the latest picture of her recovery 15 weeks after a gunman opened fire in a Tucson parking lot, killing six people and wounding 13 others, including Giffords.

The physicians place her in the top five per cent of patients recovering from her type of brain injury, the newspaper said.

THE ASSOCIATED PRESS

EF-4 tornado leaves damage but no deaths

The St. Louis area's most powerful tornado in 44 years rips into an airport and through a densely populated suburban area, destroying up to 100 homes, shattering hundreds of panes of glass at the main terminal and blowing a shuttle bus on top of a roof. Yet no one is killed, or even seriously hurt, and the airport reopens less than 24 hours later. How?

Early warnings, good timing and common sense all helped prevent a tragedy Friday night. But on Easter Sunday, many of those cleaning up the mess also thanked a higher power.

"I don't know why God decided to spare our lives



► In this aerial photograph, debris is strewn around a neighbourhood Saturday in Bridgeton, Mo., following a Friday evening tornado in the area.

but I'm thankful for it," Joni Bellinger, children's minister at hard-hit Ferguson Christian Church, said yesterday.

Lambert Airport reopened for arriving flights Saturday night, and depart-

ing flights began yesterday morning. Still, dozens of flights have been cancelled, the airport's Concourse C is still closed and complete repairs could take up to two months.

THE ASSOCIATED PRESS

Finding shelter from the storm

At Ferguson Christian Church, nearly three dozen people were gathered on Good Friday to watch the movie *Passion of the Christ* when

the sirens began to blare.

Pastor Stacy Garner paused the movie and hurried everyone to the basement.

They were out of harm's way as the tornado imploded the sanctuary above them.

THE ASSOCIATED PRESS

750

Missouri Gov. Jay Nixon said 750 St. Louis-area homes were damaged in the storm, with up to 100 of them uninhabitable.



► This undated file photo, provided by the office of Rep. Gabrielle Giffords, shows her with her husband, NASA astronaut Mark Kelly.

News in brief



Mubarak moved to military hospital

EGYPT. An Egyptian prosecutor has issued an order to move former president Hosni Mubarak from his hospital in the Red Sea resort town of Sharm el-Sheikh to a military medical facility.

The order follows an examination of Mubarak's health to determine if he was fit enough to move. Mubarak was hospitalized with heart problems after he and his sons were ordered into custody for 15 days on April 13 while being investigated for corruption allegations and their role in the shooting of protesters during the weeks of demonstrations against his rule.

THE ASSOCIATED PRESS

Grisly find in Mexico City

MEXICO. Authorities say a woman's dismembered body has been found in three plastic bags in an upscale Mexico City neighbourhood of tree-lined streets in San Miguel Chapultepec district.

Mexico City has been somewhat of an oasis from the cartel violence engulfing border states, but a spate of recent killings and decapitations has residents fearing the drug war is encroaching.

THE ASSOCIATED PRESS

Hope fades for Idaho miner

U.S. An Idaho miner trapped underground nine days ago most likely was buried when the collapse occurred and is presumed to be dead, mining company officials said yesterday.

Hecla Mining Company president Phil Baker said that after days of an around-the-clock rescue effort, officials now believe 53-year-old Larry Marek did not survive the collapse inside the Lucky Friday Mine on April 15.

THE ASSOCIATED PRESS

Muslims, Christians clash in post-election Nigeria

At least 500 people died in religious rioting that followed Nigeria's presidential election, a civil rights group said yesterday, as volatile state gubernatorial elections loom this week.

Meanwhile, police in the northern state of Bauchi said at least 11 recent college graduates who helped run polling stations as part of the country's National Youth Service Corps have been killed in post-election violence, while other female poll workers have been raped.

THE ASSOCIATED PRESS

300

The Civil Rights Congress of Nigeria said that the worst hit area was Zonkwa, a town in rural Kaduna state, where more than 300 people died in rioting.

'Cyber' insurance aims to curb the risk of ill-advised tweets

- You really shouldn't call your boss 'a fat cow' online
- But if you do, new policies could cover you

As more and more companies turn to Facebook, Twitter and other social-media sites to market products, communicate with customers and collect information, they leave themselves open to lawsuits over intellectual property infringement and defamation.

And where there's risk, there's the insurance sector. Brokers in Canada are starting to develop coverage for the consequences of unruly posts.

The liability risk stems from the fact that many companies don't have clear, written policies for social networking, says Eric Dolden, a Vancouver insurance lawyer.

"My boss is a big fat cow" is a very common tweet," he says. "But people

(Social media insurance is) new in Canada. Brokers have caught on to what their colleagues are doing in the U.S. and have been very strong in promoting this class of business."

MALCOLM RANDLES, POLICY WRITER FOR KILN, A SUBSIDIARY OF LLOYD'S OF LONDON

often stupidly then say where they work and who their boss is in the tweet."

The legal ramifications can hurt both the finances and reputation of a business. "We've seen people, in their personal capacities

— the 'big-fat-cow boss' — bringing a lawsuit against the individual," Dolden says. "And we've also seen the company have to take action because, from a reputational point of view, their brand is now suddenly gone viral, negatively."

Dolden says demand for social-media insurance coverage is mostly for corporations. Large companies could pay up to \$100,000 for a \$10-million policy that protects against data loss and liability, while small companies would pay much less. Dolden says it's only a matter of time before firms offer personal insurance lines.

"I think it's going to come for individuals. It's probably about five years out." **THE CANADIAN PRESS**

Trade. Secrets



► Mattel Inc.'s revenue rose eight per cent during the first quarter. But higher costs for its lawsuit over the Bratz dolls and other expenses sent net income down 33 per cent.

THE ASSOCIATED PRESS/MGA ENTERTAINMENT

MGA winz legal fight with Mattel

Mattel Inc. lost its claim to the billion-dollar Bratz doll line on Thursday when a U.S. federal jury awarded the copyright to upstart rival MGA Entertainment Inc., along with more than \$88 million US in damages for misappropriation of trade secrets. The verdict came as a staggering blow to the toy giant, which has long claimed the smaller company stole the idea for the ethnically diverse, pouty-lipped toys that gave Mattel's platinum-haired Barbie a run for her money after decades of fashion doll dominance. The verdict will allow MGA to regain control of its flagship doll and to once again try to compete with Barbie to dominate the market.

Chinese joint ventures 'bad news' for car makers

Some of the new Chinese cars unveiled at this week's Shanghai International Auto Show are affordable for millions of buyers, a happy development for Beijing that might prove costly for the global automakers producing them.

General Motors Co., Honda Motor Co., Nissan Motor Co. and many others presented models developed with Chinese joint-venture partners. These so-called "indigenous" brands will be sold only in China and their

prices are aimed at an already crowded market. They will also be in competition with the foreign automakers' existing entry-level models.

Manufacturing Chinese models is the "new cost of market access" for global automakers, says consultant Mike Dunne, who specializes in Asia's auto markets.

New rules require car makers to share their technology if they want to expand in China, he says. But car makers won't admit it's happening because to



► The Baojun 630 sedan, unveiled at this year's Shanghai International Auto Show, is GM's first model of its new car brand aimed specifically at the market in China.

do so could risk incurring the ire of Beijing.

"This is bad news" for automakers, says Klaus

Paur, an analyst at Synovate Motoresearch. "These additional brands are competitors to Chinese brands but also competitors to international brands."

Paur and Dunne say foreign makers will likely circumvent Beijing's requirements at least in part by using older technology in the new brands.

For example, GM's new joint-venture Baojun 630 is based on its Optra platform, which is at least eight years old.

THE ASSOCIATED PRESS

Market value

- China's auto market has been the world's biggest for two consecutive years.
- Vehicle sales surged by one-third in 2010 over the year before to 18 million, including 13.7 million passenger cars.
- Eighty-four international and indigenous brands crowd the auto market in China, led by Volkswagen AG, Toyota Motor Co. and Hyundai Motor Co.

Apple tracking queried

Privacy watchdogs are demanding answers from Apple Inc. about why iPhones and iPads are secretly collecting location data on users — records that mobile service providers routinely keep but require a court order to give out.

Much of the concern about the tracking stems from the fact the computers are logging users' physical coordinates and storing the information in an unencrypted form that would be easy to hack into.

THE ASSOCIATED PRESS

Radiation check for Japan cars

Japanese automakers are checking the level of radiation on cars slated for export in a bid to ease worries among foreign

buyers, says the Japan Automobile Manufacturers Association. The car makers are inspecting about 10 out of every 5,000 cars for radiation inside and on tires. None has been detected so far, the group says, and the radiation check will continue until the nuclear crisis subsides.

THE ASSOCIATED PRESS

Home Depot bans pets

As of next month, Canadian pet owners will have to leave their companions at home when they go shopping at Home Depot. The chain is banning pets at its stores across Canada after an attack by a Shih Tzu sent an Ottawa-area

employee to hospital last week. Home Depot says certified assistance dogs, such as guide dogs for the blind, will still be allowed in stores when the policy comes into effect on May 16.

THE CANADIAN PRESS

OVERCOMING SOUND BARRIERS

URBAN COMPASS

JILL ELLIS
METRO LONDON



Scott Shpak is a sound man. He volunteers at the Palace Theatre as a sound designer, for which he has received several award nominations.

He is a graduate of the music industry arts program at Fanshawe College and runs his own production company. He is a composer whose songs have been featured in television shows (*It's Always Sunny In Philadelphia* and *Queer As Folk*) and a movie (*National Lampoon's Bag Boy*). This 50-year-old Londoner is a pretty fascinating guy. He is also hearing impaired. "Yeah, a lot of people wonder how a deaf guy is the sound man," he says.

Sitting across the table and answering questions in a noisy coffee shop, you wouldn't guess his hearing was less than perfect. With a moderate to severe bilateral (both ears) hearing loss, Shpak didn't get a hearing aid until he was 13 years old. But he didn't use it — as a shy teen, he didn't want to stand out.

He started to regularly wear two in-the-ear hearing aids at age 28; prior to that, Shpak "passed" by lip reading. He describes his time at Fanshawe College as "two years when I had this 'cold.' I'd tell people I was plugged up and couldn't hear them if I didn't understand when they asked me a question."

Shpak thought specializing in the production side of the music business instead of going into his first love — sound engineering — would be a safer choice.

"I didn't want to be responsible for messing up someone's session," he says. "I was sensitive about it (his hearing loss) at the time and didn't put myself out there as much."

Ironically, it's the sound engineering side that occupies his time more than two decades later. Having worked running photo-finishing labs in Western Canada, Shpak returned to the Forest City a couple of years ago and was looking for volunteer opportunities. He discovered the Palace Theatre.

"I thought I'd be ushering or cleaning up, but the volunteer co-ordinator called and said they were looking for a sound operator. I didn't have any hearing aids at the time but was using an amplified phone. I didn't tell them I was hearing impaired," he says.

Turns out this oversight was fortuitous, since Shpak was quickly sought out by director John Pacheco and asked to do sound design for the production of *Strangers On A Train*.

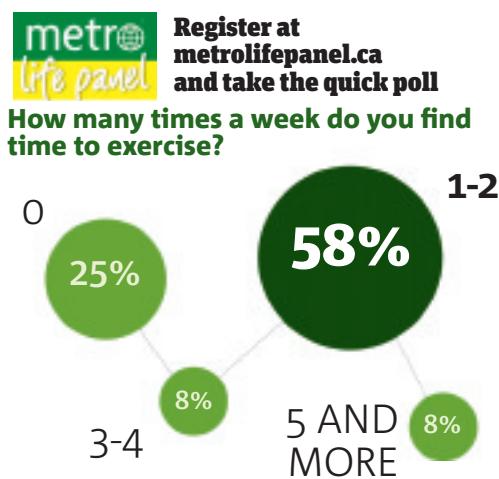
To compensate for his hearing loss, Shpak uses a special decibel meter to measure sound levels in the auditorium and has engineered ways to have the microphones feed into his headset. He also has miked his sound booth colleagues into his headset to get around the problem of trying to lip read in the darkened booth.

May is speech and hearing awareness month. Shpak's success reminds us of how much we should appreciate all of our senses.

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#elxn41: Be Heard

Metro invited Federation of Canadian Municipalities CEO Brock Carlton and columnist Ivor Tossell to discuss urban issues and what's missing from the federal election campaign. The following are excerpts from the online chat.

METRO: Why should a federal campaign address urban issues?

BROCK: The federal government has a large role to play in our cities and communities. Their policies and programs have a direct impact on cities and towns. The feds cannot deliver to Canadians without working with cities. Our country is too big and complex to work in silos. And we need national leadership from the feds on key issues that affect our economy, the environment and social issues.

IVOR: Well, you could ask, what does the federal government have to do with health care, which is also a provincial matter? The fact is that cities are a central part of Canadian life, just like health care. A national vision for what it means to live in a Canadian city is important — it's quality of life.

**COMMENT AT METRONEWS.CA
OR LONDONLETTERS
@METRONEWS.CA**

Cartoon by Michael De Adder



WEIRD NEWS

Mystery person hops to it to help woman and pet

An anonymous donor has purchased a \$50,000 insurance policy to help an Oklahoma woman keep her pet kangaroo as a therapy pet.

The Broken Arrow city council is considering an exotic animal ordinance exemption that would allow Christie Carr to keep Irwin, the partially paralyzed red kangaroo, within city limits.

Council could vote May 3 on a proposal that would allow exotic

animal owners to keep their pets if they obtain a newly created permit. The permit would require them to have a liability insurance policy for any injuries inflicted by the animal, certification showing the animal has adequate housing for its health, and meet all U.S. federal and state guidelines for licensing, among other provisions.

Carr said she couldn't have afforded to purchase such a policy and even contemplated moving out of Broken Arrow to continue caring for the animal. Coun. Richard Carter said the ordinance exemption is designed to allow Christie to keep Irwin within city limits while safeguarding residents from potential harm the animal might cause. **THE ASSOCIATED PRESS**

Local tweets

► **@White-Cabana:** Looking forward to Sunday brunch at The Church Key #LdnOnt.
 ► **@DianaCharabin:** is looking for an e-commerce bookkeeper in #ldnont — anyone know someone?
 ► **@RandyKomi:** I forgot how brilliant we all are at #UWO until u start talking to ppl about their major. This kid is smart ... only stupid on weekends! #fb
 ► **@teamRewd:** Happy Easter to everyone and all those still studying hard for exams, from @teamRewd! #UWO #UBC #McMasterU

#QueensU
 ► **@SSSCOUNCIL:** Want a locker in SSC for the summer? Only \$15! Contact abinns@uwo.ca by April 26th #uwo <http://bit.ly/1Lk9V> <http://fb.me/TJseve4Td>
 ► **@thisfineness:** Ughh I hate the home stretch of exams. 2 left! Trying to study but I can't focus, just want to be done already! #uwo #exams
 ► **@nicolelee_:** thanks #uwo for having exams on easter weekend/mon. Not like i wanted to have an easter dinner with my fam or anything much rather be at weld



► Taylor Kitsch portrays war photographer Kevin Carter in *The Bang Bang Club*.

Kitsch Kitsch, Bang Bang

► **Friday Night Lights** star gets so into character for role as South African war photographer in *The Bang Bang Club*, he needed counseling to get back out



**NED
EHRBAR**
SCENE@METRONEWS.CA

Taking on the role of photojournalist Kevin Carter in *The Bang Bang Club* was hardly a vacation for Taylor Kitsch.

"I didn't sleep. It was a zoo to shoot," he says of the film, which tells the true story of a group of photographers covering the violent last days of apartheid in South Africa. "It wasn't a fun shoot for me at all. I had a lot of kidney problems playing Kev, through the diet and losing 30-something pounds."

Known to audiences for his work on *Friday Night Lights*, and starring alongside Hugh Jackman in *Wolverine*, Kitsch threw himself into playing Carter, starting before heading to Johannesburg for filming.

"I had two months to prep on my own in Austin, so that entailed shadowing a photographer, getting a Leica, which is about a 60-year-old film camera that Kev used, developing myself with that, shooting about five to 10 rolls a day and then losing the 30-something pounds just running every day in Austin," he explains.

"There's so much pressure I personally put on myself to do this guy justice, so I prepped and prepped so much. It brings your game up more. I would've done anything to get where I needed to be, to feel I could let the scene go. I was a wreck. It's an incredible amount of energy."

But any amount of effort was more than worth it, Kitsch insists, given how badly he wanted to do the film. "Even reading the script and fighting for the role, it was a matter of, like, I know I can play this guy truthfully," he says. "There's something that I know I could hit with him."

But while he worked relentlessly on getting into character, Kitsch wasn't necessarily prepared for how difficult it would be to get out of character, given the intense scenes Carter lived through. (Carter won a Pulitzer Prize for a photo of a young Sudanese girl resting being stalked by a vulture.)

"Some counseling was needed, and just separating yourself and being incredibly conscious of it and being OK that it's taking time to let go was a big thing for me."

"Playing other characters, I can let go and I can laugh a lot. It's not as heavy, obviously. But you take it home with you."

Luckily he won't be taking as much home with him again soon, as his next projects are more on the fun side. Of course, even his upcoming *Battleship* — based on the board game — isn't without its gravitas.

"Just because it's this big film doesn't mean we can't have a very, very intense moment here or there, or have loss," he says.

Speaking of aliens, Kitsch will be keeping with the action genre as the title character in *John Carter of Mars*.

"I was looking at a 100-foot green screen and there was an X on it at the 75-foot mark, and that was supposed to be a ship that I'm blowing up," he says. "In situations like that, escapism is a lot harder as an actor, and tests you in different ways."

"With Bang Bang, I had a f---ing child and a vulture. If you can't put yourself in a present moment there, then you've got to go back to New York and study a bit more."



Box office



Anne Hathaway and Jesse Eisenberg's talking birds have edged out Tyler Perry's sass-talking grandma at the weekend box office. The animated family adventure *Rio* took in \$26.8 million to remain the No. 1 movie for the second-straight weekend.

THE ASSOCIATED PRESS



New generation of rap music drives Libyan rebels to defeat Gadhafi's forces.

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ROGERS

Lindsay facing serious jail time

► Lohan given 120-day sentence ► Could still be cleared

Though her felony charge was reduced to a misdemeanor, Lindsay Lohan was sentenced to 120 days in jail plus 480 hours of community service for violating her probation by allegedly stealing a \$2,500 necklace from a jewelry store, according to TMZ.

But Lohan isn't sunk yet, as the judge is giving the actress the chance to prove her innocence at a trial set to begin May 11.

Lohan posted \$75,000 bail and was released five hours later.

Her lawyer is appealing the decision.

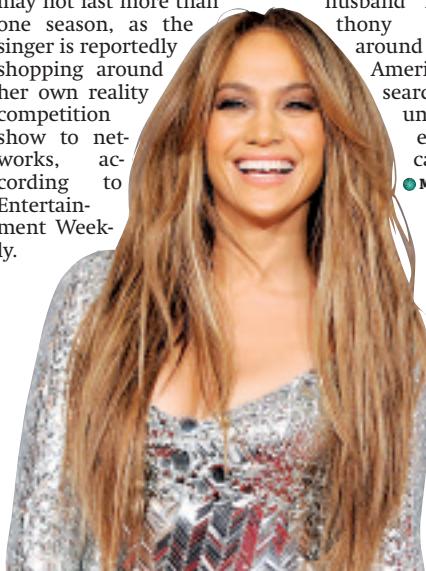
● METRO



JLo ready to leave Idol?

Jennifer Lopez's tenure as a judge for American Idol may not last more than one season, as the singer is reportedly shopping around her own reality competition show to networks, according to Entertainment Weekly.

● METRO



Celebrity tweets



Installed a red carpet in hallway and lined it with cardboard standees of interviewers so breakfast feels more like the '70s.



@chriscolfer My spirit animal is definitely a goldfish. One of those overgrown ones in a home made koi pond. What's yours?



@GaryShandling When I feel sexy I leave the top two buttons of my shirt open and my fly halfway down. It's a look.

YOU COULD BE AN ASSISTANT TO
LADY GAGA

YOU COULD WIN 3 NIGHTS IN LONDON FOR TWO PEOPLE!

Lady Gaga will be Metro's special Global Editor in Chief on May 17th. We are now looking for an assistant to fly to London, England and work with her to create this special Metro Edition! Go to ladygagametro.com and let us know "why you were born this way".

LADYGAGAMETRO.COM

metrodish

LOVE TO PLAY?

Get more Metro puzzles and games on your iPhone with the FREE Metro Play app – updated daily!



Yikes! Her first dance!

► This week, the Disney movie *Prom* premieres, reminding us how fun and scary a school dance can be. ► Dr. Susan Newman, Ph.D., social psychologist and author of *The Book of NO: 250 Ways to Say It – and Mean It and Stop People-Pleasing Forever*, addresses parents' worries

 **SAM D'AMATO**
LIFE@METRONEWS.CA

METRO WORLD NEWS

WORRY ONE: Dances are basically foreplay for teen sex. I've discussed responsibility with my kid, but I am worried the advice will be forgotten after a night of dancing and too many episodes of *Gossip Girl*.

SAYS THE DOCTOR: The values and advice you have shared with your teenager hopefully have "sunk in" by the time prom rolls around. It is up to your child to be smart when it comes to sex. Worry about things you can orchestrate. How your child will be influenced or act is pretty much out of your control. Send your child off to have fun, but with a quiet reminder to be careful.

WORRY TWO: Someone else's kids are going to get drunk and drive. How do I warn my kid without sounding like a public service announcement?

SAYS THE DOCTOR: You absolutely want to sound like a public service announcement! In the weeks leading up to the dance, remind your child of teen drunk driving tragedies. You can soften your parental stand by reminding your child that he or she is the most important thing in your life and it's your job to keep him or her safe. Sounds soppy, but it's true.



► What to wear will not be the only decision your child will have to make.

WORRY THREE: My child is an introvert and will probably spend the entire evening against the wall. Breaks my heart. What should I do?

SAYS THE DOCTOR: You might suggest that your child arrange to attend the dance with a group of friends or one friend. There's comfort in numbers.

Beyond that, there's not a lot a parent can do ... and

trying to hard makes the situation worse. If you try to discuss it, your child will tell you don't understand — and you probably don't.

It hurts parents to see a child suffer, but as parents we have to accept the fact that we can't protect our children from every insult and affront.

WORRY FOUR: There's an after-prom party at some oth-

er kid's house. The parents are out of town. There will be no chaperones. The ultimate cliché. When do I storm in and act like a police officer?

SAYS THE DOCTOR: You don't. Why can't parents say NO to their children anymore?

The teen brain is not fully mature, particularly the part that thinks ahead, weighs consequences, and manages emotional im-

pulses. Parties without chaperones tend to get out of hand easily and quickly; uninvited guests appear, alcohol and drugs get consumed, noise levels rise and judgment fails. Neighbours call the police and your child winds up in the middle of a situation he or she never intended.

Boundaries, parents, that's your job. Say no or offer to hold the party at your home.



CARLO MENDOZA

 *the Royal Wedding* Brought to you by: weddingbells metro

Something old...

► Will Kate Middleton wear a family heirloom?

It's guaranteed that Kate Middleton will wear a tiara on her wedding day. What we don't know is if it will be old, new or borrowed from the royal vault.

Gifting a royal bride with a tiara as a wedding

present is a long-standing royal tradition. For her wedding, the Queen presented Diana with The Cambridge Lovers Knot tiara, which was made in 1911 for Queen Mary. Sarah Ferguson was given

a tiara the royals purchased from Garrard. Sophie, Countess of Wessex, was given a custom-made tiara. It featured jewels from a necklace belonging to Queen Victoria.

● ALISON MCGILL/ WEDDINGBELLS

3
life

You need this

Hello Kitty Beanie Baby

You've got a good reason to buy this, besides it being anime and cool. Part of the proceeds will help the Red Cross efforts in tsunami-ravaged Japan. The company behind the doll, Ty, has pledged \$1 million to the organization. ● MWN



TY

\$5.99, Ty.com

A study shows

... that moms with kids under five exercise fewer than

2.5

hours per week, one half hour less than women without kids, according to the University of Minnesota Medical School in Minneapolis. Dads get in 5.5 hours, compared to seven for their childless pals. ● MWN



Lockdowns, mock DUI funerals: Prom security tight yet drinking continues.

A new spin on the classic chicken and waffles

► What do pancake mix, barbecue sauce, plain yogurt, nacho chips and chicken have in common? ► They're all used to create this unique dish

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

 I never back down from a challenge, so when Canadian Family magazine asked me to participate in the launch of its Food Awards, I was game.

The awards honour the top brands used in Canadian households, and will be announced in a special Winter Food Issue. In the meantime, readers can vote and participate in the Canadian Family Creative Cook Challenge (canadian-family.ca/creative-cook-challenge), during which they must use ingredients provided by Canadian Family to create a dessert.

My challenge involved pancake mix, plain yogurt, barbecue sauce and more. I came up with Crunchy Chicken Salad Waffle Wraps. I used the pancake mix and yogurt help to create a light fluffy waffle that stays soft and can be used to wrap the chicken, or simply serve it on top.

Preparation:

1 Place pancake mix in bowl; set aside. In

Prep time:
20 mins.
Marinating:
10 mins.
Cooking:
15 mins.



► Be sure to have ranch dipping sauce or hot sauce to drizzle on for added flavour.

another bowl, whisk eggs, yogurt, milk and butter. Whisk into pancake mix until smooth.

2 Heat waffle iron. For each waffle brush lightly with oil; pour in scant $\frac{1}{2}$ cup (125 mL) of the batter. Close lid and cook for about 4 minutes or until steam stops and waffle is golden. Remove gently and repeat with remaining batter; set waffles aside.

3 Crunchy Chicken: In shallow baking dish, whisk barbecue sauce, mustard and thyme. Add chicken and turn to coat evenly; set aside for 10 minutes or cover and refrigerate 8 hours.

4 Meanwhile, combine nachos and mum mums in resealable bag and crush into fine crumbs. Add parsley. Place a few chicken strips in bag and shake to coat. Place

coated chicken on parchment paper lined baking sheet and repeat with remaining chicken. Bake in 425 F (220 C) oven for 15 minutes or until no longer pink inside. Top waffles with lettuce and chicken.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 1 cup (250 mL) Aunt Jemima Original pancake mix
- 2 eggs
- 1 cup (250 mL) Activia plain yogurt
- 1/3 cup (75 mL) milk
- 2 tbsp (25 mL) butter

Crunchy Chicken:

- 1/3 cup (75 mL) Diana gourmet barbecue sauce
- 2 tsp (10 mL) Dijon or yellow mustard
- 1/2 tsp (2 mL) thyme
- 1 pkg (425 g) Maple Leaf Prime boneless skinless chicken breasts, cut into strips
- 3 cups (750 mL) Doritos nacho chips (Nacho cheese or Cool Ranch)
- 2 pkgs Toddler Mum Mums
- 2 tbsp (25 mL) chopped fresh parsley or basil
- Romaine lettuce leaves

The cheese champion

Louis d'Or, a milky rich cheese with fine, complex flavours from Quebec, has been chosen grand champion at the Canadian Cheese Grand Prix.

Louis d'Or is made by Fromagerie du Presbytère in Sainte-Elizabeth-de-Warwick, Que.

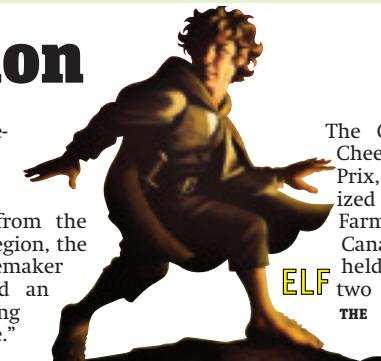
The cheese gets its name from the Louis d'Or farm, which produces the organic milk used to make it. The name of the cheese also refers to the French currency of the same

name used under the reign of Louis XIII in 1640.

The cheese, made in a 40-kilogram wheel, also won in the firm, farmhouse and organic categories.

"The milky richness of this cheese is a tribute to the organic milk with which it is made," said Phil Belanger, chair of the 2011 Canadian Cheese Grand Prix jury. "The cheese has a smooth texture, and warm nutty and floral notes in aroma and taste. Inspired by the traditional

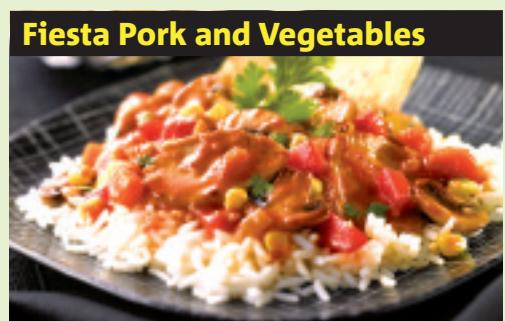
cheese-making know-how from the Jura region, the cheesemaker created an amazing cheese."



Visit clubmetro.com and enter the code that is beside the hobbit for your chance to WIN!

The Canadian Cheese Grand Prix, organized by Dairy Farmers of Canada, is held every two years.

THE CANADIAN PRESS



Fiesta Pork and Vegetables

Here is a perfect way to include local pork on your menu. It's easy enough for a weeknight meal with tons of flavour.

Preparation:

1 Slice pork in half lengthwise; cut crosswise into 1/4-inch (5 mm) thick slices. In large pot, heat 1 tbsp (15 mL) of the oil over medium-high heat; cook pork for 2 or 3 minutes or until just a hint of pink remains. Transfer to a plate.

2 Add remaining oil to pot; reduce heat to medium. Cook carrots, garlic and onion, stirring occasionally, for 4 minutes or until onion softens. Stir in mushrooms, chili powder, cumin and salt; cook until mushrooms start to soften.

3 Whisk flour into chicken broth; gradually stir into pot, scraping up any bits stuck to bottom. Stir in red pepper, salsa and corn; bring just to a boil over high heat, stirring often. Reduce heat and simmer for 5 to 8 minutes, stirring occasionally, or until slightly

thickened and vegetables are just tender.

4 Return pork and accumulated juices to pot; cook for 2 minutes. Stir in half of the cilantro. Serve sprinkled with remaining cilantro.

THE CANADIAN PRESS/
FOODLAND ONTARIO

Ingredients:

- 1 pork tenderloin (about 12 oz/375 g), trimmed
- 2 tbsp (30 mL) vegetable oil
- 3 carrots, halved lengthwise and thinly sliced crosswise
- 3 cloves garlic, minced
- 1 onion, chopped
- 3 cups (750 mL) white mushrooms
- 1 tbsp (15 mL) chili powder
- 1 tsp (5 mL) each ground cumin and salt
- 2 tbsp (30 mL) all-purpose flour
- 1 1/2 cups (375 mL) sodium-reduced chicken broth
- 1 red bell pepper, seeded and chopped
- 1 cup (250 mL) extra-chunky salsa
- 1/2 cup (125 mL) frozen corn kernels
- 1/4 cup (60 mL) chopped fresh cilantro



THE CANADIAN PRESS/DAIRY FARMERS OF CANADA

Making green cash

► Canadian companies emerging as leaders in the clean-tech industry

 BEN KNIGHT
GREEN@METRONEWS.CA

With each Earth Day that passes, our world becomes more ecologically aware. New, emerging technologies are greener, and vast profits are out there for innovators with the right product, in the right place, at the right time.

Canadian companies are beginning to do very well in the clean-tech field — but not without some considerable risk.

"You have to approach the market in a very strategic manner," says Gael Mourant, president and CEO of ARXX, a leading supplier of Insulating Concrete Forms (ICFs) for energy-efficient construction. "The construction industry is very averse to change.



ISTOCK PHOTOS

You have to make people comfortable with the idea they can do things differently, but at the same time, actually get a better product at a more cost-effective price."

ARXX is based in

Eco biz forum

Be sure to check it out

► **Forum** To hear more from Gael Mourant and other Canadian eco-entrepreneurs, check out Building Successful Canadian Cleantech Companies, a special green business forum presented by Emerald Technology Ventures. Tuesday, 4:30-6:30 p.m., MaRS Auditorium, 101 College St. in Toronto.

Cobourg, Ont. Mourant says proximity to the United States is a significant advantage for Canadian clean-tech firms.

"Americans are very receptive to working with Canadian companies, because they see Canadians

as being honest and forthright, and as innovators," she notes. "Primarily, Canadians are very adaptable. I think we're very open to new ideas. The idea of green buildings and energy savings is very rooted in Canada."

Scott MacDonald is a partner at Emerald Technology Ventures, an investment firm specializing in clean-tech start-ups. He sees deteriorating global infrastructure as a huge opportunity for Canadian firms.

"There are 70 to 100-year-old assets — around the world — where they don't have technology and innovation right now," he says. "We're trying to make the grid smarter. We're trying to identify where leaks in water systems are."

CHOICES FOR GREEN MOMS

Are cloth diapers the most eco-friendly choice, or are there disposable options that make the cut? *Andrea of London, Ont.*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA



Disposable diapers are landfill magnets — in some cities diapers and other disposables (razors, plastic wrap, paper coffee cups) are estimated to make up about eight per cent of total household waste. Disposable diapers are also made from plastic, with chlorine-bleached stuffing and added fragrance chemi-

cals. The good news is that cloth diapers aren't what they were 30 years ago.

Today they're stylish, eco-friendly (some are even manufactured with wind power), 100 per cent organic cotton, and you can find brands made in Canada — definitely a worthy choice. There's no need to buy new cloth diapers either. Source them from thrift or secondhand stores — they're washable, after all. Surf online for "green" mommy websites too. They host a plethora of tips, advice and product reviews.



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Surviving and thriving after the plunge

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA



Unconventional and a risk taker. That describes Ottawa interior designer Jason Bellaire.

who says that you have to get past your fear and believe in yourself if you're going to be successful in business.

After struggling with his career in his 20s, Bellaire decided to go back to school at the age of 30 to study interior design and architecture.

Jason raised a few eyebrows in the industry when he started his own company six months after graduation.

"It was hammered into our heads at school that you had to apprentice for five or six years before going out on your own. I had to overcome my fear and now looking back over the last two years I can't believe how far I've come."

Jason and his partner, Denise Hulaj, are the hot new design team taking our nation's capital by storm with 10 projects on the go.

He has this advice for people who are thinking about starting their own business.

"Plunge into the darkness, ignore the monsters and don't be afraid to ask for advice."

BRIGITTE BOUVIER



► Jason Bellaire, co-owner of StyleHAUS interiors.

Life after a lay-off

► Don't fall into failure-mode



► A job loss can effect your whole family.

A job loss effects more than just one person.

Lisa Caldas Kappesser, author of The Smart New

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Way to Get Hired, shares her advice on how to get everyone through it.

Communication

Discuss with your family what your job search strategy is and what steps you have taken or plan to take in the near future.

Communication is criti-

cal in families, particularly in times of stress and crisis when many people tend to withdraw.

Empathy

Everyone needs support and understanding. If you have children, listen to their concerns and keep in mind that most chil-

dren are egocentric.

Optimism

Be a role model for your family in how to deal with crisis and change. Your children will be in a job search someday and will remember how you handled it.

They learn from your

behavior, so it's best to model positive behavior.

Self-confidence

If you have confidence in yourself, your family and significant other will have more confidence that you can and will find another job.

You need to think and

act in terms of when you find your next job and not if you will find another job.

Conflict management

Accept that there will be disagreements and work to resolve them. It takes less energy to deal with a conflict when it first arises than it does after months of letting it build up.

Dealing with disagreements openly can help everyone move in a positive direction. Know that you might not agree at the end of your discussion. In fact, you may have to come to an agreement to disagree with each other at some point.

Adaptability

During times of stress, it is normal to resort back to old, established and comfortable ways of doing things, but stressful times are often when new ideas and strategies need to be tried. Encourage each other to be flexible.

► METRO

Take on
Job Loss
Smart
Way

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NEW WAY
to
GET HIRED

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LISA CALDAS KAPPESSER
International best-selling author

JET



127336

Leino gives Philly a Game 7

► Flyers' hopes appeared finished after falling behind 3-1 in first period ► Pronger returns after missing 21 games with broken hand



► Philadelphia's Ville Leino, right, celebrates the game-winning overtime goal with Mike Richards yesterday.

Ville Leino scored 4:43 into overtime and Brian Boucher's return in another relief appearance sparked the Philadelphia Flyers to force Game 7 in their first-round playoff series against the Buffalo Sabres.

Danny Briere scored twice and Boucher stopped 24 shots over the final two periods and overtime in a 5-4 victory yesterday in what's been a tightly contested and topsy-turvy se-

5 **4**
FLYERS SABRES

ries that heads to the deciding game in Philadelphia tomorrow.

Boucher took over to start the second period after Michael Leighton al-

lowed three goals on the first seven shots.

Scott Hartnell had a goal and an assist and James van Riemsdyk also scored for the Flyers, who overcame a two-goal deficit.

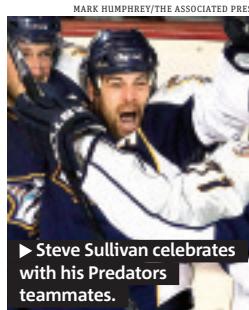
Thomas Vanek had two goals for Buffalo, while Rob Niedermayer and Nathan Gerbe also scored.

Kris Versteeg helped set up Leino's goal. After getting his first shot blocked, Versteeg gained the re-

bound and flipped the puck at the Sabres net, bouncing it off several players. The puck fell in the crease, where Leino slid it into the open side behind diving goalie Ryan Miller.

Rebounding from a pair of losses, the Flyers became the first team in the series to win after giving up the opening goal. It was also a game that Philadelphia didn't lead until Leino scored.

THE ASSOCIATED PRESS



► Steve Sullivan celebrates with his Predators teammates.

Playoff wait is over for Predators

4 **2**
PREDATORS DUCKS

Nick Spaling scored his second goal of the game at 4:53 of the third period and the Nashville Predators closed out their first post-season series victory to advance to the Western Conference semifinals, beating the Anaheim Ducks 4-2 yesterday.

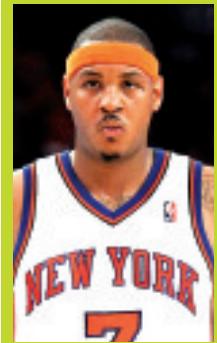
Steve Sullivan scored a goal, David Legwand had an empty-netter and Jordin Tootoo assisted on Spaling's goals. The Predators won the series 4-2 in their sixth post-season in seven seasons.

Jason Blake scored a power-play goal, and Teemu Selanne also had a goal for the Ducks. Anaheim looked tired early after blowing a lead late before losing Game 5 in overtime. Coach Randy Carlyle went heavily with his top two lines, trying to rally.

THE ASSOCIATED PRESS



Quoted



"Tonight was one of those games that we have to leave it all out on the court. Wasn't no need to take anything home with us, and we did that."

CARMELO ANTHONY AFTER HIS KNICKS LOST 101-89 TO THE CELTICS YESTERDAY AND WERE SWEEPED OUT OF THE PLAYOFFS. ANTHONY HAD 32 POINTS AND NINE REBOUNDS.



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Crossword

Across

1 Sugar meas.
4 Historic time
7 Jump
11 Oil cartel
13 Fresh
14 Part of the foot
15 "Why not?"
16 "CSI" evidence
17 "Monopoly" card
18 "Get lost!"
20 "Why not?"
22 Scarlet
24 Takes pleasure in
28 Capistrano bird
32 Block the flow of
33 Cab
34 Chatter
36 Egypt's river
37 British —
39 Completely engrossed
41 Brownish-gray antelope
43 Marshy area
44 Legislation
46 Incorrect
50 Not pizzicato
53 Multipurpose truck
55 Olympic sword
56 Food
57 Yank
58 Knitting need
59 Big village
60 Sudden turn
61 Parcel of land

Down

1 Playthings
2 Detail, for short
3 Bartlett or Bosc
4 Conclusion
5 Nevada city
6 Not sleeping



► Yesterday's answer

M	O	S	T	D	E	B	A	D	A	M
I	D	E	A	I	R	E	S	I	L	O
N	O	R	M	S	A	L	T	S	A	R
D	R	E	A	M	T	T	E	S	T	S
J	A	D	E	N	U	D	E	N	S	S
A	L	I	C	S	I	S	O	O		
R	E	S	P	I	T	E	S	U	P	S
T	E	D	T	I	N					
A	N	A	L	O	G	A	F	F	E	C
L	E	S	T	A	N	O	P	A	H	
D	A	T	E	L	A	C	L	E	G	O
A	P	E	D		A	G	E	D	E	E

Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metroneWS.ca

Aries March 21-April 20 You will have to make some kind of sacrifice today, and you should do so willingly.

Taurus April 21-May 21 Make the most of your opportunities.

Gemini May 22-June 21

Find a way to switch off the chaos and confusion of the outside world.

Cancer June 22-July 22 You CAN change things for the better, but you've got to work with like-minded souls.

Leo July 23-Aug. 23 The more negative others get the more determined you'll be to prove them wrong.

Virgo Aug. 24-Sept. 22 Don't sit back and wait for others to take the lead — take it yourself and set the agenda.

Libra Sept. 23-Oct. 23 Listen to your instincts and act on what they tell you.

Scorpio Oct. 24-Nov. 22 Make a special effort to get along with the people you live, work and do business with.

Sagittarius Nov. 23-Dec. 21 If you neglect something small today something big could fall apart.

Capricorn Dec. 22-Jan. 20 Push doubts aside and take the kind of risks you usually try to avoid.

Aquarius Jan. 21-Feb. 18 Certain people are going to make life difficult for you today.

Pisces Feb. 19-March 20 Start conversations with total strangers. **SALLY BROMPTON**

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

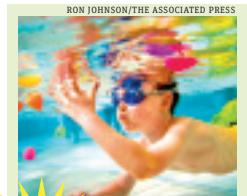
Yesterday's answer ►



Caption contest



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Anna, Babe, Happy 17th Month, I enjoy all the times we've been together, thank you for everything. I love you with all my heart~ From YIK

Moya Lubov, I wish I could go 15 hours in the future and 10,000 kilometres across the ocean. We'd write another article together, you'd wear your RCMP shirt, and recite me Japanese poetry. xo From SOLNYSKO

Nathan Crane, I love you with all my heart and I'm so glad that we are together. I would shower you with you in a thousand roses. From ADRIAN

Roxie, Since you've crept into my life Into every pore you have seeped I no longer know where I end and you begin Forever...we...are... From FRANCIE

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